



body paint

- * Use face paints to draw a line all the way from 1 finger to the opposite finger or toe.
- * Ask a family member to take the line onto their body too.



DIY stained glass

- you'll need
- coloured cellophane
 - scissors
 - sellotape

- * pick a window that gets some sunshine
- * cut different simple shapes out of the cellophane
- * stick to the window with sellotape, experimenting with making patterns and overlapping different colours
- * find the place where the light from the window touches the floor - stand, sit or lie bathing in the coloured light caressing your skin.

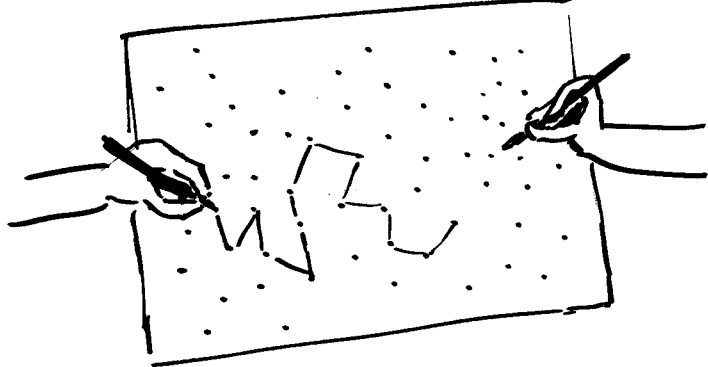


- you'll need:
- a sheet of paper
 - coloured pens

- * one person draws dots - as many as possible - all over a piece of paper.
- * the other person draws lines connecting the dots until they are all joined together.



collaborative drawing





DIY Stress ball

you'll need

- balloon
- cornstarch / flour
- empty plastic bottle
- scissors

* cut the top 1/3 off the bottle to make a funnel + put the balloon around the end of the funnel.

* 1st add a little of water + then a spoonful of flour / cornstarch. massage together + repeat.

* when full tie a knot in the top of the balloon.

adults -
let your
child paint
your face

mirror dancing

- * play your favourite song
- * get a dance partner - can be on zoom or skype, or in person
- * pick someone to lead - try + copy their moves as closely as possible
- * Swap. repeat.

touching

mud potion



you'll need:

- bucket or pot
- soil + water
- leaves, petals, flowers

* wear your messy clothes.

* mix together + get muddy

AUTOGRA PH